



Apples

FOOD STASH FOUNDATION

Apples are some of the most popular fruits yet we might not be utilizing them to their full potential. Learn more about different ways to enjoy apples!

What can you do with apples?

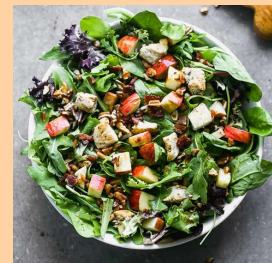
Something quick? **Snack.**

- Eat it whole, quick and easy.
- Slice into pieces. Then, **dip** into nut-butter or yogurt with maple syrup, honey, or jam.



Something new? **Add.**

- Slice or dice, then add into a sandwich, salad, coleslaw, or oatmeal.
- Blend into a smoothie with banana, oats, maple syrup, nut-butter, cinnamon, or vanilla.



Something adventurous? **Cook.**

- Stew or pan-fry apple slices with butter, cinnamon, and sugar.
- For dessert, remove the apple's top and core, **stuff** with oats, brown sugar, cinnamon, nuts or dried fruit then **bake** in the oven until soft.

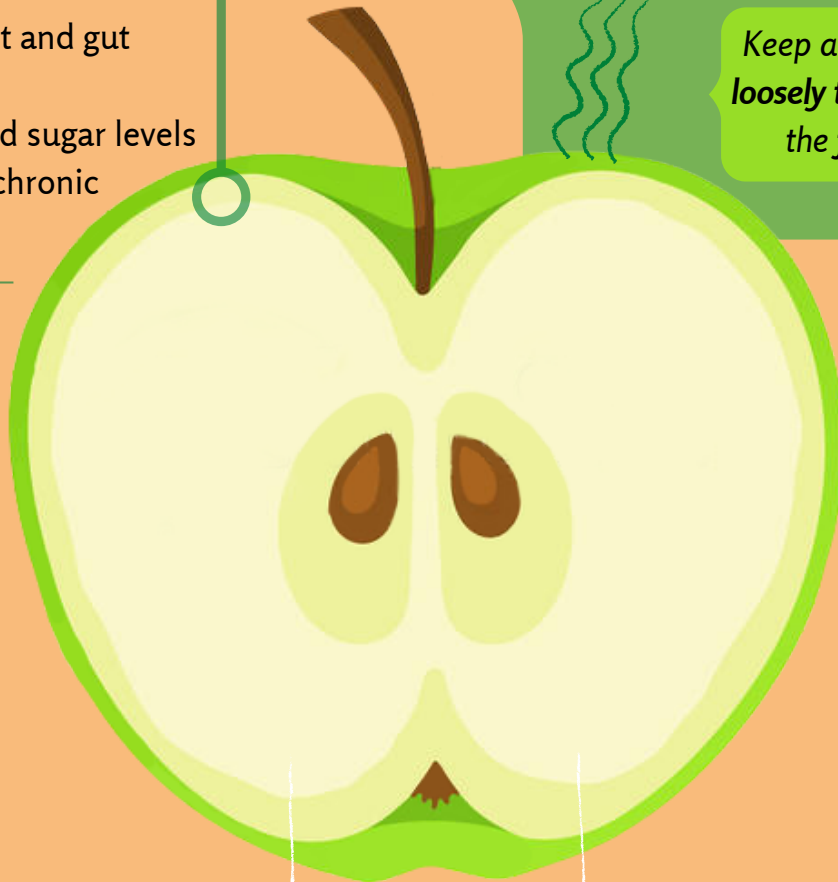


Eat the Peel!

The apple peel (and the area near it) is packed with fibre.

Fibre can help:

- improve heart and gut health
- regulate blood sugar levels
- lower risk of chronic diseases



How to Store it?

Apples give off a gas called **ethylene** that speeds up ripening, so they should be kept away from other produce.



Keep apples in a loosely tied bag in the fridge.

THE CORE makes up **30%** of the apple.

When we don't use the core, we could be *throwing away 30% of the apple.*

What can you do?

- **Eat it** — despite a core's hard texture, it's safe to eat!
- **Steep it** — leave the core in a drink to infuse with apple flavour!